OPINION

by Full Prof. Iren Yordanova Peltekova, PhD,
Sofia University "St. Kliment Ohridski"

About: dissertation work for the award of a scientific degree "Doctor of Sciences" in Field of professional direction 1.3. Pedagogy of training in "Methodology of training in physical education and sports".

Dissertation topic: "Innovative adaptation models for specialized running endurance in the educational-sports process".

Author of the dissertation: Assoc. Professor Maya Borisova Chipeva, PhD, teacher in the Department of Physical Education and Sports, Section "Individual Sports and Sports Games" at the Technical University, Sofia.

Grounds for presenting the opinion: I participate in the composition of the scientific jury for the defense of the dissertation work, according to the order № РД 38-165/11.04.2023 of the Rector of Sofia University "St. Kliment Ohridski".

Actuality of the topic

The present work is focused on summarizing the scientific and applied results in the field of athletics, mainly middle distance running and to some extent in football. The key word around which the thesis of the work is built is adaptation. Its broad conceptual content is focused on the main process and regularities of sports development.

The innovative approach in the subject is based on the statement that the further growth of the sports result is no longer in the maximum volume, but in the optimization of its internal structure and more precisely in the optimization of the ratio of individual means and methods through specific models.

I believe that with the new optimization criteria and innovative models of adaptive development revealed by the author, a prerequisite has been created for increasing the potential opportunities of athletes in the process of sports-pedagogical training.

Assessment of the structure and content of the dissertation

The volume and structure of the dissertation work allows to achieve the goal and tasks of the scientific research. The structure is subordinated to the logical framework "prove/disprove" the main hypotheses of the dissertation.

The manuscript has a volume of 288 pages. Structurally, the dissertation consists of an introduction, six chapters, the sixth including - conclusions, recommendations and scientific contributions; the content of the work ends with a presentation of the literature. The work is illustrated with 32 tables and 21 figures. The bibliography contains 198 sources - 148 in Cyrillic, of which 5 are self-cited and 50 are in Latin. In addition, 3 Internet resources are indicated. The contingent of the study is 87 athletes, of which 37 medium-qualified middle-distance runners - students from Technical University (Sofia) and track and field athletes from "Athletic Club" - CSKA (Sofia) in the period 2017 – 2020 and 50 football players from PFC "Beroe" (St. Zagora) 2017 – 2018 as well as FC "Etar" (Veliko Tarnovo) 2020 – 2021.

The author formulated 10 conclusions and 8 recommendations. The publications on the dissertation work are 5 in number and were published in the last three years. The scientific research methods used are appropriate. At the terminological and technical level, the dissertation is at a high level. At the bibliographic level, the citation standards are followed.

Knowledge of the research problem

Through the presented text in the dissertation work, it is obvious that Associate Professor Maya Chipeva, PhD is extremely well acquainted with the researched problem. The working hypotheses derived for proof are clearly stated and stand out well in the dissertation work. They are aimed at clarifying problems of adaptation processes when applying running loads at; identification of general running potential; revealing the structure of the current running potential; determining the training potential of systemic running loads; substantiating the levels of transition from sustainable to unsustainable work adaptation in running loads and revealing the optimal algorithm of adaptation processes and development of running loads for endurance in medium runs in medium-skilled athletes and football players.

The models developed by the author and proposed in the dissertation are aimed at:

- ✓ Prediction of current running potential;
- ✓ Assessment of the current adaptation potential in runners and football players;

- ✓ Prediction and evaluation of the potential of running loads in the different oxygen regimes and program tasks for them;
- ✓ Classification models of running loads in middle-distance running and the football game and morphofunctional models of the average runner and the modern football player - characterizing efficiency, capacity and high level of physical qualities;
- ✓ A theoretical framework has been developed for modeling the adaptation processes in the preparation of the athlete for specialized endurance, through running loads it provides universal applicability, through a positive transfer of the effectiveness of educational sports methods.

As can be seen from the direction of the developed models, a large part of the research, analysis and adaptation models in the present work are related to general running, speed, speed-power and power endurance, which is the specialty of Assoc. Prof. Maya Chipeva.

Determination and assessment of the scientific and practical - applied contributions in the dissertation work

The author of the dissertation formulates five contributions of a theoretical, methodical and practical-applied nature, which I consider to be original and resulting from the scientific work of the candidate and the conducted in-depth dissertation research.

The contributions of the dissertation work are reduced to the main results of sports theory and practice, which present an innovative approach in solving the problems related to the interpretation of adaptive development in the preparation of the athlete for specialized endurance in medium runs, as well as in the football game, where the quality of endurance has primary meaning.

I believe that the literature review carried out on the subject of the dissertation and research methodology, the empirical and expert research carried out, the formulated conclusions and recommendations, as well as the proposed solutions to solve the formulated problems, can be recognized as scientific and practical-applied contributions.

Evaluation of the abstract: The abstract (in a volume of 45 pages) correctly presents the main statements and contributions of the dissertation work.

Conclusion

The peer-reviewed work has an undisputed contributing character. The dissertation is up-to-date, contains theoretical summaries and solutions for scientific-applied and methodological problems related to the specific aspects of the sports training of track and field athletes and football players. The proposed analyzes and solutions are modern, imperative, important and represent a significant and original contribution to sports-pedagogical science. I am convinced that this scientific work will give a new impetus not only to the development of theories of pedagogical activities and sports practice, but also to the training and sports training of students and athletes.

Procedural requirements of law on the development of the academic staff in the Republic of Bulgaria – (ZRASRB), The Regulations for its application and the Regulations of SU "St. Kliment Ohridski" are observed.

In conclusion,

I confidently give my ***positive assessment*** of the conducted research, the achieved results and scientific contributions and propose to the honorable scientific jury to award the scientific degree "Doctor of Sciences" to **Associate Prof. Maya Borisova Chipeva, PhD** in the field of higher education: 1. Pedagogical sciences, professional direction 1.3. Pedagogy of training in (Methodology of training in physical education and sports).

09.05.2023 г. Prepared the opinion:

/Prof. Iren Peltekova, PhD/